

Leon County Senior Gazette

April/May 2010

■ The bi-monthly publication of the
Leon County Senior Outreach Program



■ Sponsored by the Tallahassee Senior Foundation



First Jobs

For many, that first job marks the transition from childhood to adulthood. Looking back, these jobs may seem exciting, boring, pointless, or downright ridiculous. However, for everyone they offered valuable life lessons.

Miccosukee regular Johnnie Wilson laughed as he said, "My first job was shaking peanuts." At 10 or 12 years of age, he worked for 75 cents a day shaking dirt off peanuts. He did not enjoy it, but said the job taught him to be consistent in his work and was a way a kid "could make a couple of nickels."

James V. Britt, of Woodville, can relate to Wilson's experience. His first job found him working on a farm in Gadsden County for 50 cents a day during the 1930s. "I didn't learn anything I like," he laughed, "but I did learn how to work." At a young age, Britt realized farming was hard work and sought what he thought was "easier work" in his adult life.

For Chaires' Dorothy Spence, that first job came later in life. After her oldest child graduated from high school, she took a job in

the lunchroom at Chaires Elementary School, where her younger children attended school. "I had already been down there helping and they said they could pay someone to help for the next year," she laughed. "I learned a lot about cooking," Spence said, adding with a laugh, "and about being around adult people."

Charlotte Moore, a Senior Day attendee in Bradfordville, also got a quick lesson in working with adults. She worked on Saturdays at a Maryland department store for 35 cents an hour. At first, she worked in linens. "That was difficult," Moore laughed, "because I was a 17-year-old girl and knew nothing about that. One tablecloth looked like another." Eventually Moore was transferred to the dress department and had a lot more fun. "There, I could help my friends find dresses," she said. "I learned respect, how to handle money, and how to deal with people and difficult customers," Moore said.

Mavis Sullivan also found joy in retail work. While in high school, she got her first job, at McCoy's Five and



Continued on page two

Leon County Senior Gazette

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Ten working weekends. "I think I made 50 cents an hour," Sullivan said, adding with a laugh, "that was big money." Having grown up on a farm, it was "the exact opposite of what I was used to doing. I learned how to work the cash register and about pricing." Most importantly, the Fort Braden participant said that first job taught her "the value of the dollar."

Sullivan said it and all agreed: Their first job taught them a very important lesson about the value of money.

■ ~ Written by Rachel Nickens.



Pesto Pea Soup



- 1 small onion, finely chopped
- 1 medium carrot, thinly sliced
- 1 medium celery rib, thinly sliced
- 1 3/4 cups reduced-sodium chicken broth
- 2 cups water
- 1 pound frozen peas (3 3/4 cups)
- 1/4 cup store-bought basil pesto plus additional for serving

Simmer onion, carrot, and celery in broth and water with 1/2 teaspoon salt and 1/4 teaspoon pepper in a medium saucepan, covered, until tender, about 6 minutes. Add peas and simmer, uncovered, until bright green and tender, about 3 minutes. Stir in pesto, then purée soup in 2 batches in a blender until smooth (use caution when blending hot liquids). Season with salt. Makes four servings

Don't forget to bring a canned good to the next Senior Day! Donations benefit the food pantry at Elder Care Services.

Thanks for your generosity!



Play in the Games, Cheer or Volunteer: Capital City Senior Games Coming to Town

Are you 50 or older? Do you enjoy participating in sports? If you do, mark your calendar: **May 20-24**, Capital City Senior Games are coming to Tallahassee!

Participants can compete and have fun in their choice of 17 sports at a variety of venues around Tallahassee. Capital City Senior Games will attract athletes from across the region, including South Georgia and Alabama. Qualifying in the local games enables contestants to compete in the state championships, and from there they may advance to the National Senior Games.

Competitive play is not just for youngsters. Many older adults remain active and enjoy the spirit of competition. The Senior Games offer an opportunity to compete with contestants in a similar age range. The variety of sports offered provides a chance for many different athletes to compete in the event of their choice.

A celebration welcoming athletes and their supporters will be held the evening of May 20th at Kleman Plaza in downtown Tallahassee. Here, contestants may pick up their registration packets, socialize and enjoy a pre-competition dinner.

Below is a list of the events offered. For a schedule of activities, or to register, go to www.visittallahassee.com/seniorgames, or call the Division of Tallahassee Parks, Recreation and Neighborhood Affairs at 891-3866.

Not sure you want to compete, but would still like to be involved? Then volunteer! Assistance is needed in a variety of areas. Call Susan Davis at 891-4065. Church and civic organizations are particularly welcome.



Events:

Archery, Basketball,
Billiards, Bowling, Cycling,
Golf, Horseshoes, Power
Lifting, Racquetball,
Running, Swimming,
Table, Tennis, Tennis,
Track & Field, Softball,
and Volleyball

*Capital City Senior Games is sponsored by
The City of Tallahassee, Friends of our Parks, Visit Tallahassee, Tallahassee Sports Council,
Capital Health Plan and Capital City Bank.*



Leon County Senior Outreach

April/May
2010

Bradfordville

Bradfordville Senior Days: Second Wed of every month, April 14 & May 19 (note May date change), 10:30 am-12:30 pm. **Wildwood Presbyterian Fellowship Hall**, 100 Ox Bottom Road. Suggested \$6 donation for lunch.

Historic Bradfordville Schoolhouse, 3439 Bannerman Road

Draw With Your Eyes, Paint With Your Heart: Wed, 1:00 - 4:00 pm, April 7 - May 12 (six weeks). Registration required, call 891-4065, \$48 seniors 55+, \$60 all others.

Lifelong Learning Series: Fridays, June 4 - July 9, 10:00 - 11:30 am. Call 891-4065 in May for schedule of topics. \$2 donation per class.

Senior Fitness Beginners: Tues & Thurs, 10:30 -11:15 am, Suggested \$2 donation.

Senior Fitness Intermediate: Tues & Thurs, 11:30 am - 12:30 pm, Suggested \$2 donation.

Senior Fitness - Afternoon Class: Tues & Thurs, 1-2 pm, Suggested \$2 donation.

Social Bridge: Every Mon, 1-4 pm, Suggested \$1 donation.

Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

Chaires-Capitola Senior Day: Tues, April 27 & May 25, 10:30 am - 12:30 pm, Suggested \$6 lunch donation.

Senior Fitness Class: Mon, Wed & Fri, 9:15 - 10:15 am, Suggested \$2 donation.

Lo Impact Senior Fitness: New 6 week session starts May 3. Registration required. Call 891-4065. Mon, 10:30 - 11:30 am & Thurs, 10:15 - 11:15 am, \$36 per session.



Come Join the Fun!

Grandparents as Parents (GaP)

April 8 & May 13: Bag and Gab, 11:30am - 1pm. Bring your own lunch or get the Senior Center salad bar for \$4. Sharing and fellowship. Tallahassee Senior Center, 1400 N Monroe St, Conference Room 3-A.

April 21 & May 19: Evening Support Group, 5:30pm - 7pm, at First Presbyterian Church, 110 N. Adams St. Resources, information and support for grandparents and other family caregivers raising children. Child care provided. Pizza dinner - Suggested donation \$2/per person. Reservations Required! Call 891-4041.

April 28 & May 26: Luncheon and Support Group, 11:30am - 1pm, at the Leon County Public Library, Program Room A, 200 W Park Avenue. Resources, information and support for grandparents and other family caregivers raising children. Legal consultation provided by Legal Services of North Florida. Complimentary lunch. Reservations required! Call 891-4041.

Calendar of Events

Call 891-4065 or 891-4033
for More Information



Fort Braden

Ft. Braden Community Center, 16387 Blountstown Hwy.

Ft. Braden Senior Day: Tues, April 20 & May 18, 10:30 am - 12:30 pm,
Suggested \$6 lunch donation.

Painting with Oils & Acrylics: Thurs, 2:00 - 5:00 pm, April 15 - May 20 (six weeks),
\$48 seniors 55+, \$60 all others. Registration Required, call 891-4016.

Senior Fitness Class: Mon & Wed, 10:30 - 11:30 am, Suggested \$2 donation.

Miccosukee

Miccosukee Community Center, 13887 Billingsley Road

Miccosukee Senior Day: Thurs, April 1 & May 6, 10:30 am - 12:30 pm,
Suggested \$6 lunch donation.

Beginning Painting and Drawing: Mondays, 10:00 am - 12:30 pm, April 5 - May 10,
\$48 seniors 55+, \$60 all others. Registration required, call 891-4016

Bus Trip to WalMart: Friday, April 2 & May 7, 10:00 am - 12:30 pm, \$2 round-trip.

Senior Fitness: Tues & Thurs, 1:45 - 2:45 pm, Suggested \$2 donation.

Woodville

Woodville Community Center, 8000 Old Woodville Road

Woodville Senior Day: Thurs, April 8 & May 13, 10:30 am - 12:30 pm,
Suggested \$6 lunch donation.

Beginning Painting: Wed, April 7 - May 12 (six weeks), 10:00 am - 12:30 pm,
\$48 seniors 55+, \$60 all others. Registration required, call 891-4016.

Senior Fitness Class: Mon and Wed, 8:30 - 9:30 am, Suggested \$2 donation.



Leon County Senior Outreach Citizens Advisory Council

LCSO Citizens Advisory Council members are appointed by the Leon County Commission. The focus of this group is to promote the well-being of seniors in this community and serve as a liaison to the County Commission on senior issues.

Meetings are open to the public and citizen input is encouraged.

LCSO Citizens Advisory Council meets from 1 - 2 pm, the 3rd Wed of every other month (May 19) at the Tallahassee Senior Center, Conference Room 3-A. Call 891-4065 for more information.

Leon County Senior Outreach, a program of the Tallahassee Senior Foundation, appreciates the support and sponsorship of many local businesses, some of which attend Senior Day events as exhibitors. However, it is our policy not to endorse, recommend or favor any specific services or products. Attendance at our events does not constitute an endorsement from the Tallahassee Senior Foundation or the Leon County Senior Outreach program.

Leon County Senior Outreach Come Join The Fun!



Can We Count on Your Support?

Please join the Tallahassee Senior Foundation today! Your contribution pays for programs and enhances services. Thanks for being a "key" to active, healthy aging in our community!

| | | |
|---------------------------------|-----------------------------|--------------------------------|
| ___\$25 Senior (age 55 plus) | ___\$100 Friends Key Holder | ___\$1,000 Gold Key Holder |
| ___\$35 Friend (under age 55) | ___\$250 Bronze Key Holder | ___\$2,500 Platinum Key Holder |
| ___\$40 Senior Couple | ___\$500 Silver Key Holder | ___\$5,000 Diamond Key Holder |
| ___\$50 Non-Profit Organization | | |

___ Please dedicate my contribution directly to the Leon County Senior Outreach Program.

Name: _____ Phone: _____

Address: _____

Make your check out to *Tallahassee Senior Foundation* and send it to:

Leon County Senior Outreach, 1400 N. Monroe Street, Tallahassee, FL 32303.

🔧 Ask the Senior Resource Coordinator 🔧

Dear Gazette,

I have several expired (and some unused) prescription medications. How can I safely dispose of them?

Dear Reader,

You ask some very important questions. Most importantly, prescription medications should NEVER be given away or flushed down the toilet. Flushing medications can contaminate Florida's water.

Instead, you should follow these simple steps provided by the Department of Environmental Protection:

- 1) Keep the medicines in the original container so contents can be identified if accidentally ingested.
- 2) For your safety, mark out your name, contact information, and prescription number.
- 3) Add water or soda to start dissolving pills. Add something inedible like cat litter, dirt or old coffee grounds to liquids.
- 4) Close the lid of the prescription bottle(s) and reinforce with duct or packing tape.
- 5) As an option, you can place the prescription bottles in a larger, opaque container and seal the container with tape.
- 6) Hide the container in the trash. Do NOT put in the recycle bin.



*Direct your questions about senior resources to the
Senior Resource Coordinator
at 891-4043 or seniorinformation@talgov.com*

Leon County Senior Outreach Program
Tallahassee Senior Foundation
1400 North Monroe Street
Tallahassee, Florida 32303



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Return Service Requested

Welcome to the bi-monthly
Leon County Senior Gazette!

Look for this informative
newsletter every other month.

Don't forget to check the
calendar page inside to get
updated information on all Leon
County Senior Outreach
activities.

For more information, call
891-4065 or 891-4033, or
susan.davis@talgov.com.

As a native of Miccosukee, Albert Green knows his community well. He has seen the community grow and change, and now actively gives back to the home that he loves. "If I'm a part of something, I want to be faithful to it," Green said. He certainly is.

He grew up in Miccosukee on a farm with his seven siblings. He enjoyed being the youngest of eight. "Everyone kind of catered to me," he laughed. Green attended the Concord School and Lincoln High School. After graduation, Green worked for National Linen Service and the Florida Lottery, both based in Tallahassee.

Working on the farm "was fun then," he said, "because everyone did it." Now, Green says, "Life is better here," as there are new opportunities, and people have been able to attend school and get professional jobs.

Since retirement in 2007, Green stays active. "I haven't missed a Senior Day since I retired," Green said. He attends Sunday school and special events at Concord A&E Methodist--the church of his childhood; shares an ongoing weekly bowling and dinner date with friends; makes it a point to visit older people and nursing homes in his community; and enjoys regular get-togethers with friends from Lincoln High School.

Family and community are very important to Green. "I enjoy the 'grands' more than anything else," he said. "Grandchildren make you feel young." In addition to family members, Green sees his former classmates as extended family. "If I take part in anything in the community, I stay part of it," Green said. This community spirit makes Albert Green an asset to the Miccosukee area.



**SPECIAL
SENIORS**

Albert Green

